

DYNAFLEX



DYNAFLEX

The Proven 10-minute-a-Day Method To a Healthier,
He-Man-Muscled Body....

WITHOUT STRENUOUS EXERCISE!
WITHOUT WEIGHTS OR EQUIPMENT!
WITHOUT STRAIN TO VITAL ORGANS!

by Mike Marvel,
Builder of Champions

Good News



You're on your way to achieving the near-perfect body nature intended you to have when you were born. You'll soon be experiencing a degree of strength and a feeling of well-being you may never have felt before. Through your new-found strength and energy, you may find the way to greater success and its greater rewards. It will be up to you!

This book is a complete, well-balanced course in muscle development. It represents the very latest concepts as proved by modern science and research and refined in my own body-building institute located in Irvington, New Jersey.

I can bring you the very latest, proved methods; I can present them in simple, easy-to-follow instructions; I can encourage you all along the way....but YOU must truly want the results I promise and be willing to work faithfully to achieve them. As in many other worth-while things in life, there is no shortcut, no second choice to success. Only one way, the right way, can get you there IF YOU FOLLOW ALL INSTRUCTIONS CAREFULLY AND CONSCIENTIOUSLY!

Approach the improvement of your body as seriously as you approached the improvement of your mind in school. It means just as much to your ultimate happiness. READ each instruction carefully. UNDERSTAND why you are doing each exercise. KNOW exactly how much you should do each day. MEMORIZE the name and location of important muscle groups and what they do. ENJOY each exercise in the knowledge that it is making you a better man.

Now, good luck and good health all the days of your life!

Mike Marvel

WHAT IS DYNAFLEX?

THE DYNAFLEX METHOD OF BODY AND MUSCLE DEVELOPMENT is based on the theory of ISOMETRIC CONTRACTION. This is the principle that stretching a muscle ONCE will achieve the same development results as exercising that muscle rigorously for 30 minutes. This was first proved in 1946 by German scientists and later researched extensively in the United States by the College of Osteopathic Physicians and Surgeons of Los Angeles. In 1953 two scientists, Hettinger and Mueller, were able to report that Isometric Contraction exercises for 6 seconds daily resulted in a gain of 5% in strength per week!

Isometric Contraction exercises are simply the application of maximum tension or pressure, using an immovable object so the muscle cannot shorten. This controlled stretching relaxes the muscle and compresses

body cells to force harmful wastes out, allowing the cells to absorb new life from the blood stream. The result is a reduction in cell breakdown and a postponement in the aging of body tissue.

Through these exercises, mediocre weight-lifters have suddenly become contestants of champion caliber. It is believed that the phenomenal success of weight-lifters from the Soviet Union is due, in great measure, to training with Isometric Contraction exercises.

Howell and Morford of the University of British Columbia in Canada, conducted tests using two groups. One group exercised with weights for 30 minutes a day, 3 days a week. The second group followed a system of Isometric Contraction exercises for only 10 minutes a day, 3 days a week. The second group improved a great deal faster and newspapers reporting on the event stated that with an exercise period of about 78 seconds a day, strength can be improved 5% per week!

The Dynaflex exercises in this book are based on these scientifically proved theories of Isometric Contraction. You will find many wonderful advantages to them besides the well-developed and strengthened muscles you seek.

You will be able to do these Dynaflex exercises at home or on the job any time of the day, although an hour after dinner or before bedtime is actually the best.

You will need no equipment, tables, ropes, platforms, etc. With Dynaflex, your body is its own gymnasium! Although not necessary, weights and certain equipment can be used to speed development.

You will not become fatigued when you do these exercises. In fact, you may not even raise a sweat! Heart and circulation are not effected by this training. If you do suffer from or suspect a physical disability, check with your doctor before you undertake ANY exercise.

The most important thing to remember is that you must perform these exercises once every day, 7 DAYS A WEEK! Not 5 days, not 6 days, but 7 days a week with religious regularity. All you need is 10 minutes a day and this you can find easily without disturbing your daily routine which you now enjoy.

10 GUIDES TO BETTER HEALTH

1. CLEANLINESS:
brisk shower
completed your



Personal cleanliness is important. Take a once a day, preferably after you have exercises.

2. DIET: Eat regularly and moderately
slowly and truly enjoy each meal.
to say about diet. See page 29.



Chew your food
We'll have more

3. SMOKING & DRINKING: Don't smoke or drink to excess. If you must use cigarettes or liquor, make a conscious effort to reduce them both by 50%. Better still, cut them out!



4. SLEEP:  Get at least 7 to 8 hours of sleep a night and get it regularly. Complete rest is as important as complete exercise.

5. BREATHING & POSTURE: Breathe deeply at all times and take every advantage to get all the fresh air you can. Consciously maintain the best posture you can. Keep your chin up and your chest out ALWAYS!

6. DRINK WATER: Drink plenty
your system can comfortably



of water every day. Take all hold and replenish it regularly.

7. REGULARITY: Have at least one complete, normal bowel movement every day and adjust your diet if you don't. Constipation can usually be avoided by chewing your food slowly and completely, and following a good, healthful diet.

Continued on page 28

DYNAPLEX EXERCISE #1Developing and Strengthening NECK MUSCLESWHY YOU SHOULD EXERCISE THESE MUSCLES:

A well-muscled, well-shaped neck reflects the way you're developed all over and should be conditioned in proportion to the rest of your body. Since your neck is always on display, it should be built up as conscientiously as possible. A well-proportioned neck adds impressiveness to your features to command greater respect.

THE DYNEX STRETCH:

This is a comparatively simple exercise (as are all Dynaflex exercises) to add overall girth to your neck and fill in the hollows that you may see there. Do it faithfully as I direct and remember its importance.

You may add an inch or more to your present neck measurements in just a few short weeks!

YOUR POSITION:

Stand erect in a normal position with your arms at your side, as shown here in Figure 1. Take three breaths to further relax you. Now hold your breath as you begin each part of this 4-part exercise.

MOVEMENT #1:

Bend your head forward as far and as HARD as you can. See Figure 2.

Clench your fists and your teeth as you bear down HARD. Then, when your muscles start to quiver, HOLD FOR A SLOW COUNT OF 5.

Relax and return to position shown in Figure 1.

DO THIS COMPLETE EXERCISE
ONLY ONCE DAILY, BUT DO
IT 7 DAYS A WEEK!



FIGURE 1.

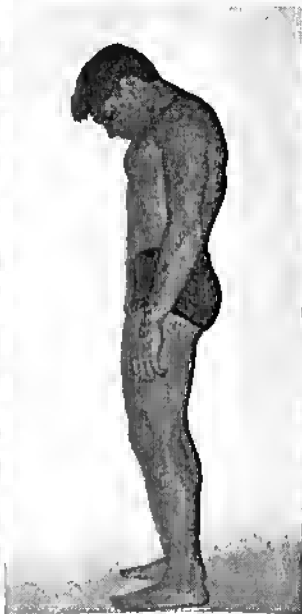


FIGURE 2.

MOVEMENT #2:

Now bring your head back as FAR and as HARD as you can (see Figure 3). After the muscles start to quiver, HOLD THIS STRETCH FOR A SLOW COUNT OF 5. Relax and return to position of Figure 1.

MOVEMENT #3:

Incline your head to the left as FAR and as HARD as you can (see Figure 4), without bending your shoulders or body. As soon as the muscles start to quiver, Hold this stretch for a slow count of 5. Return to the relaxed position of Figure 1.

MOVEMENT # 4:

Now incline your head to the right as FAR and as HARD as you can, without bending your shoulders or body (see Figure 5). After your muscles start to quiver, HOLD THIS STRETCH FOR A SLOW COUNT OF 5.

Return to the relaxed position of Figure 1 before you start on Exercise #2.

DO EACH OF THE 4 MOVEMENTS ONLY ONCE EACH DAY, BUT DO THEM 7 DAYS A WEEK!



FIGURE 3.

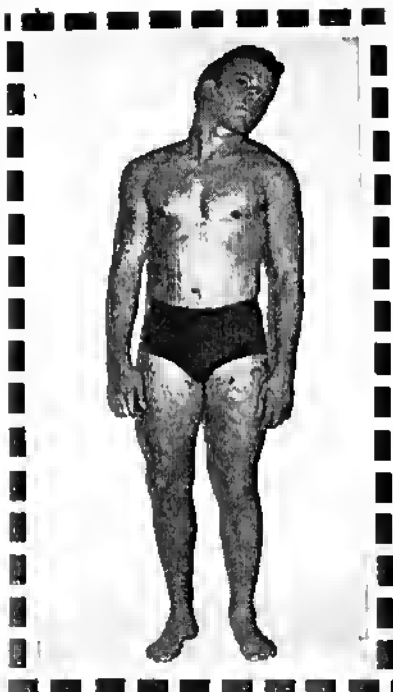


FIGURE 4.

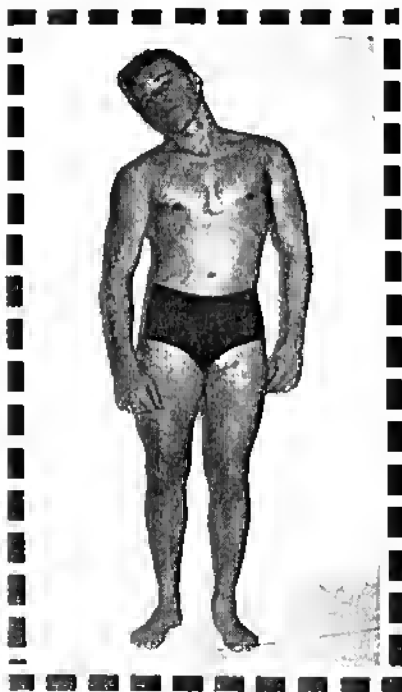


FIGURE 5.

DYNAPLEX EXERCISE #2Developing and Strengthening SHOULDER MUSCLESWHY YOU SHOULD EXERCISE THESE MUSCLES:

These shoulder muscles, called the Deltoids, improve your posture and let you walk better. When developed properly, they make you look taller and assure you the wide, broad shoulders that improve your appearance in anything you wear.

THE DYNADEL STRETCH:

With this exercise, we will work towards adding an inch of muscle on the Deltoids and another inch by better alignment while V-shaping the top part of your trunk... ALL TO GIVE YOUR SHOULERS A 3-INCH BROADER LOOK.

YOUR POSITION:

Hold your arms in a flexed, side horizontal position. Clench your fists with the knuckles turned up.

MOVEMENT #1:

Throw your head back with your chin pointing straight up (see Figure 6). Press your arms up HIGH as possible, with the movement always back. Your palms should be facing down, your arms should not actually be lifted above the horizontal position shown, but the movement itself is the lift.

Now, when you feel the muscles start to quiver in your shoulders, HOLD FOR A SLOW COUNT OF 5.

Relax completely before starting Movement # 2.



FIGURE 6.

MOVEMENT # 2:

Hold your arms straight out horizontally with palms facing up (see Figure 7). Movement is always back. When you feel shoulder muscles start to quiver, hold for a slow count of 5.

Relax, and go on to Movement #3.

MOVEMENT #3:

Hold your arms out horizontally with your palms facing back. Movement is always back. When you feel your shoulder muscles start to quiver, hold for a slow count of 5.

Relax and go on to Movement # 4.



FIGURE 7.

MOVEMENT #4:

Hold your arms straight out horizontally with your palms facing forward. (See Figure 8). Press your arms up HIGH as possible without actually lifting them, the movement always back, until you feel your shoulder muscles quiver. Now hold for a slow count of 5.

Relax, then start Exercise #3.

NOTE: DO THIS COMPLETE EXERCISE ONLY ONCE A DAY, BUT BE SURE TO DO IT 7 DAYS A WEEK!



FIGURE 8.

DYNAPLEX EXERCISE # 3

Developing & Strengthening UPPER BACK & SPINE

WHY YOU SHOULD EXERCISE THESE MUSCLES:

Well-developed back muscles hold the shoulders back to square them off and make them look broad. These trapezius muscles, as they are called, will help you prevent getting round-shouldered if you develop them properly now.

THE DYNATRAP STRETCH:

These exercises are designed to assure a quick response from these big muscles with their many fibres. To assure complete all-around results, three different movements are recommended to develop the upper and lower trapezius muscles and the muscle groups that lie beneath them.

YOUR POSITION:

Stand completely relaxed with your feet slightly apart and your hands held down and clasped together below your waist. Your head should be held stiff and spine should be maintained erect. Breathe deeply three times to relax.

MOVEMENT #1:

Pull down **HARD** with your hands still clasped together while you **TENSE** your upper back muscles against the pull. (See Figure 9). When your muscles begin to quiver, hold this position for a **SLOW** count of 5. Relax before you start the next one.

MOVEMENT #2:

From the first position, shrug your shoulders up as **HARD** and as **FAR** as you can go until you feel the muscles quiver (Figure 10). Hold this position for a slow count of 5.

Return to your original relaxed position and wait a moment, breathing deeply, before you begin the next exercise.

DO THIS COMPLETE EXERCISE ONCE DAILY, AND DO IT 7 DAYS A WEEK!

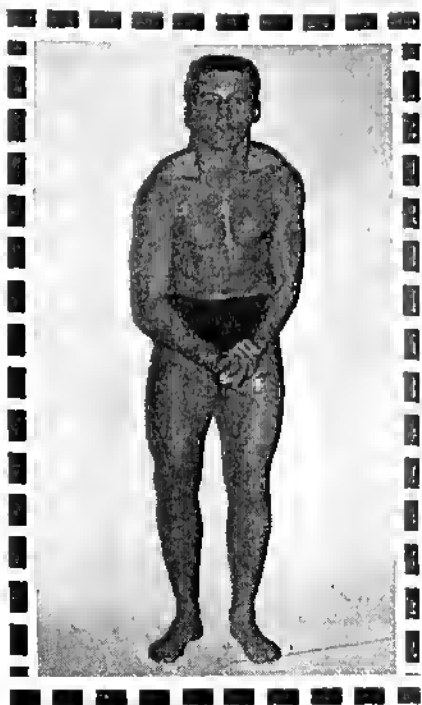


FIGURE 9.

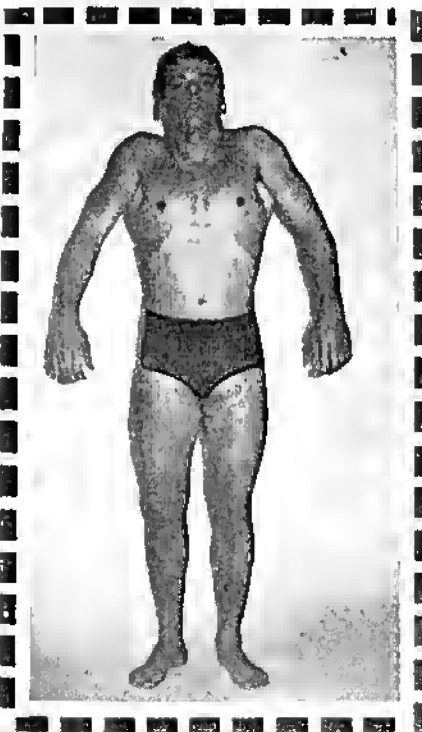


FIGURE 10.

DYNAPLEX EXERCISE #4Developing and Strengthening BACK & SIDE MUSCLESWHY YOU SHOULD EXERCISE THESE MUSCLES:

These are the muscles that, properly developed, can "v"-shape the upper trunk. They are called the Latissimus Dorsi muscles, or "Lats" for short. These are the muscles used in swimming and chinning and should be developed to give you more "pull".

THE DYNALAT STRETCH:

This exercise will rapidly develop the muscles of the back and side, or Latissimus Dorsi. This muscle is already one of the largest you have and will develop rapidly. Do this 1-part exercise faithfully as directed for complete results. In this way the upper, middle and lower parts of the Latissimus Dorsi muscles will be developed.

YOUR POSITION:

Squat down as low as possible in front of a window sill. The lower you squat, the more effective will this exercise be. Try to make your shoulders level with the bottom of the window. Reach out with both your hands and grasp the edge of the window. Or use the back of a chair as shown in Figure 11.

Keep your back as straight as possible and keep your shoulders stiff. Since this is a PULLING exercise, make sure your feet are well-braced and will not elide out from underneath you when you begin. Take three deep breaths to relax before you start pulling.

MOVEMENT:

Tense your back muscles as you pull back from the window sill or chair back (see Figure 12), until the peak of muscular contraction is achieved. At this point, when the muscles start to quiver, Hold for a slow count of 5. Return to a relaxed position. DO THIS COMPLETE EXERCISE ONCE DAILY, 7 DAYS A WEEK!

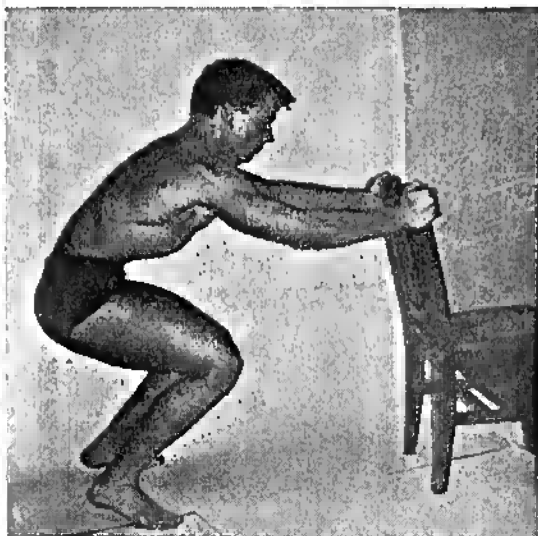


FIGURE 11.



FIGURE 12.

DYNAPLEX EXERCISE #5Developing and Strengthening LOWER BACKWHY YOU SHOULD EXERCISE THESE MUSCLES:

These are the muscles that "connect" the well-developed upper part of your torso with the well-developed hips and thighs you will soon develop. No part of your body can be ignored in development and so this exercise is designed to condition the muscles of the lower back.

THE DYNAPLEX STRETCH:

This exercise is simplicity itself and is one you perform normally every day when you bend to pick up something off the floor or reach to take something off a high shelf. By performing this action a bit more scientifically and with a little more force, we apply the principle of Isometric Contraction to assure strong, well-developed muscles in the lower back.

THE POSITION:

Stand erect with both feet together and your hands firmly on your hips. The knees are held stiff and locked throughout the exercise.

MOVEMENT # 1:

Bend your body forward (see Figure 13), as far as it will go, from the waist, pressing as HARD as possible. Hold this position for a slow count of 5 before returning your body to its normal position.

MOVEMENT #2:

Raise your arms overhead and bend your body back from your waist (Figure 14), pressing HARD to bring it back as far as you can...and then a little more. When the peak of contraction is attained and your muscles start to quiver, hold for a slow count of 5. DO THIS EXERCISE ONCE EACH DAY.

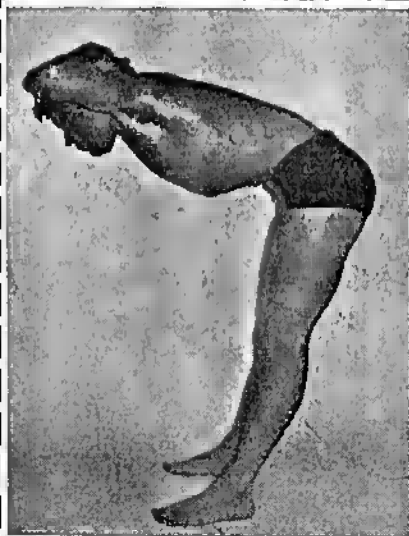


FIGURE 13

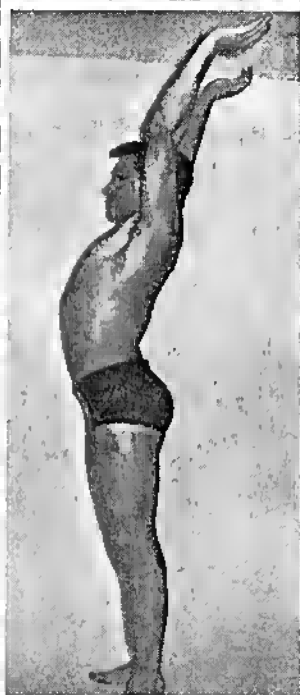


FIGURE 14

Developing and Strengthening RIB BOXWHY YOU SHOULD EXERCISE THESE MUSCLES:

This is an integral part of your overall chest development. A fully developed rib box or Serratus Magnus, contributes to a chest structure that is perfectly balanced from any angle. Only a well-developed rib box can give you the clean-cut SUPER CHEST development you really want.

THE DYNARIB STRETCH:

You literally shrug away body wastes and release new energy into your blood stream with this exercise. You will not only start to look better but you will feel better too, as this VITAL part of your body gets the strengthening and developing it demands.

THE POSITION:

Lie on your back, completely relaxed with your arms outstretched and your palms down, as shown in Figure 15. Take three deep breaths before you begin this exercise.

THE MOVEMENT:

Raise your arms slowly over your head to reach as FAR as you possibly can. (See Figure 16). Do NOT bend your elbow or turn the palm of your hand. This is important to apply the FULL amount of Isometric Contraction to the muscles.

When you can stretch no further and the muscles begin to quiver, count slowly to 5. Now return to a relaxed position before you start the next exercise.

DO THIS COMPLETE EXERCISE ONCE DAILY, 7 DAYS A WEEK!

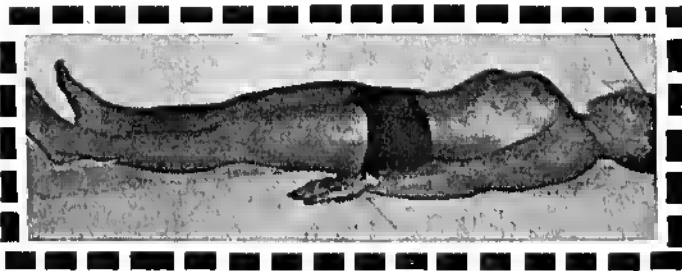


FIGURE 15.



FIGURE 16.

Developing & Strengthening CHEST (Upper & Lower Pectorals)WHY YOU SHOULD EXERCISE THESE MUSCLES:

The pectoral muscles are the large front breast plates of your chest. Properly developed, they add much breadth to your chest to enhance whatever you wear. It is these muscles also that give your chest that "blown up" shape that always looks good.

THE DYNAPLEX STRETCH:

This exercise is in 3 parts to assure complete development in both the upper and lower pectorals. You will find these muscles comparatively easy to build up and certainly a pleasure to have that way.

THE POSITION:

Stand erect and cross your arms in front of you, at three different levels, as shown in the following three movements.

MOVEMENT #1:

For developing the lower pectorals, hold your arms down while you cross them in front of your body (see Figure 17). Strain to force your arms FORWARD as if they were being pulled by an imaginary force. Hold your chest high. As you do this, turn the arm inward, never relaxing that forward pull. When you reach the point of maximum contraction, and your muscles begin to quiver, hold this position for a slow count of 5 before you relax.

MOVEMENT # 2:

For developing the middle pectorals, hold out your arms straight as you cross them in front of you (Figure 18.) Strain to force your arms forward, as explained above in Movement # 1. Relax.

MOVEMENT #3: For developing the upper pectorals, hold arms crossed above head (Figure 19). Strain, as above.

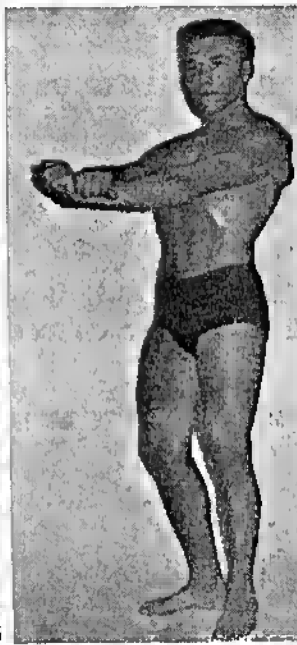


FIGURE 17.

FIGURE 18.

FIGURE 19.

Developing & Strengthening BICEPS

WHY EXERCISE THESE MUSCLES:

The biceps or muscles of the upper arm are the most quickly of all developed and for this reason should NOT be conditioned until the chest and shoulder development is well on the way. The bicep muscle is used in pulling and tugging as well as flexing, and is therefore one we use every day.

THE DYNABI STRETCH:

This exercise will build extra-large biceps and add a great deal of strength to them. It is most important you put plenty of stretch and energy into every part of this exercise.

POSITION #1:

Stand erect with your fists clenched and drawn up TIGHT toward your chest. (Figure 20).

MOVEMENT #1:

Force your hands down, keeping the muscles tense until you reach peak contraction and the muscles quiver. Hold for a slow count of 5. Now relax.

POSITION # 2:

Hold your arms out to your side, horizontal with your shoulders. (See Figure 21).

MOVEMENT # 2:

Extend your arms out to the side until you feel peak contraction and your muscles start to quiver. Hold for a slow count of 5 before you relax, ready to resume the next exercise.

DO MOVEMENTS #1 & 2 OF BOTH
EXERCISE #7 & 8 ONCE DAILY,
7 DAYS A WEEK!



FIGURE 20.

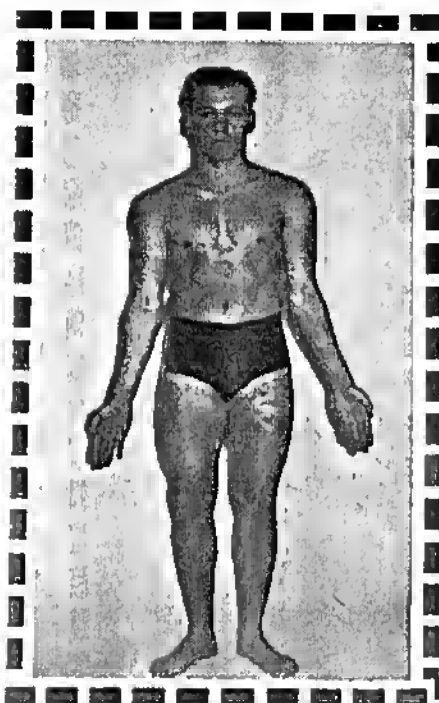


FIGURE 21

Developing & Strengthening the TRICEPSWHY YOU SHOULD EXERCISE THESE MUSCLES:

The tricep muscle is used in punching, striking and landing hard blows. It is located at the side and back of the upper arm. Don't neglect this muscle because you may not be familiar with it.

THE DYNATRI STRETCH:

This exercise will assure that your tricep muscles receive the same amount of exercise as your bicep muscles. The same principles of Isometric Contraction apply in this exercise and it will require no long hours of sweaty exercise to get the well-developed arm you want.

THE POSITION:

Stand erect with your feet slightly apart and your fists drawn up to your chest and facing outward (see Figure 22). It is important that the clenched fists be facing as the illustration indicates.

THE MOVEMENT:

Press your arms slowly downward and backward, as shown in Figure 23. Maintain your muscles as TENSE as you possibly can. Keep pushing your arms BACK STIFFLY as FAR as you can and until your muscles begin to quiver. This tells you you have attained peak muscular contraction. Now, hold this position for a slow count of 5.

Relax completely and continue with the next exercise. Remember, you only have to do this and the other exercises once a day.

BUT BE SURE TO DO THIS ONCE DAILY, 7 DAYS A WEEK!

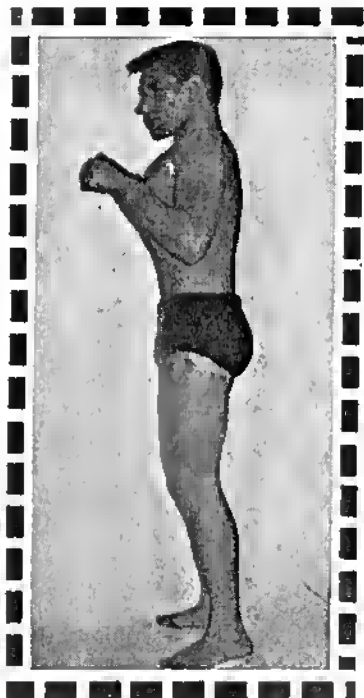


FIGURE 22.

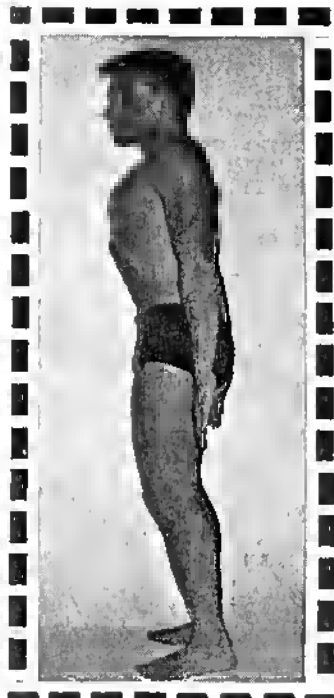


FIGURE 23.

Strengthening and Developing the FOREARMSWHY YOU SHOULD EXERCISE THESE MUSCLES:

While the muscles of the upper arm are being developed, thought should be given to the development of the forearms, to assure proper proportions and eliminate any chance of an im-balance in body development. Powerful forearms mean a powerful grip and a strong handshake that mean so much in establishing the kind of man you are.

THE DYNAFORE STRETCH:

There are 19 muscles in the forearm and this exercise will condition EVERY ONE that is important to proper development. The muscles that squeeze the hand make up most of the forearm and so the Dynafore stretch concentrates on a special exercise to strengthen these muscles.

THE POSITION:

Fold a washcloth into a small wad and hold it in your hand while you kneel on one knee (to get a more forceful grip). See Figure 24.

THE MOVEMENT #1:

Grip the washcloth and SQUEEZE it just as HARD as you can, as you push your hand forward and lean in the same direction. Remember, this is NOT a kneading action, but simply one STRONG, SUSTAINED GRIP. Grasp the cloth and squeeze, counting slowly to 5. Relax.

THE MOVEMENT #2:

Change hands holding the washcloth and kneel on the other knee, see Figure 25. Grasp the washcloth and SQUEEZE HARD, counting slowly to 5 for this grip.

DO THIS COMPLETE EXERCISE, MOVEMENT #1 and 2, ONCE DAILY,
7 DAYS A WEEK!

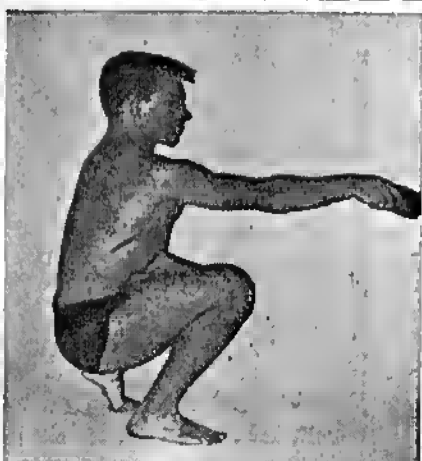
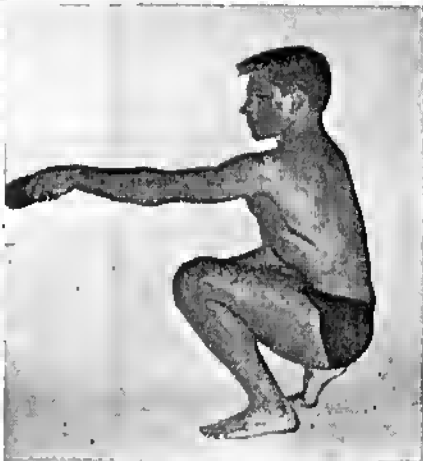


FIGURE 24.

FIGURE 25.

Developing & Strengthening WRISTS, HANDS & FINGERSWHY YOU SHOULD EXERCISE THESE MUSCLES:

A handshake is usually our only physical contact with the people we meet every day. This handshake, more than anything else, conveys our physical well-being and even our mental attitude. A strong wrist, hand and fingers complete the development of our arm and forearm.

THE DYNAWRIST STRETCH:

These exercises will add SIZE as well as STRENGTH to your wrists, hands and fingers. Perform them well and perform them EVERY DAY to keep these important parts of your body in a superior state of development.

THE POSITION:

Do this exercise while you stand erect. Take three deep breaths before you begin. Extend your arms forward and grasp the corners of separate sheets of newspaper in each hand. See Figure 26. For the first week or two, you may find it easier to use a small size newspaper sheet. After two weeks, however, you should be sure to exercise with a full-size sheet.



FIGURE 26

DYNAPLEX EXERCISE #11 (Continued)

THE MOVEMENT:

Do this exercise SLOWLY, so that the fingers can enjoy a full measure of Isometric Contraction in all directions.

Starting with the corner of the newspaper sheet and using ONLY THE FINGERS of each hand, roll the paper slowly up into tight balls, (see Figure 27).

Don't worry if you can't roll up an entire sheet of newspaper the first time. Use all your fingers in the process and make believe you are rolling up a sheet of metal instead of paper, so you can apply maximum "stretch" to each finger.

When your fingers are tired, maintain muscular contraction for a slow count of 5 before you relax completely.

DO THIS FINGER EXERCISE WITH EACH HAND ONCE DAILY, BUT DO IT 7 TIMES A WEEK. IT IS A MARVELOUS AND SIMPLE WAY TO STRENGTHEN YOUR HANDS AND FINGERS AND WRISTS!



FIGURE 27.

Developing & Strengthening the ABDOMINALSWHY YOU SHOULD EXERCISE THESE MUSCLES:

This is where the power-house of the body is located. Here body nourishment is manufactured and body waste is processed to be carried away. Keeping it in perfect condition is vital to the rest of the body.

THE DYNADOM STRETCH:

This exercise will give your abdominal region greater shape, toughness and hardness. It will reduce the internal fat that is now exerting pressure on the abdominal walls to create the "pot-belly". As the weeks pass and you perform this exercise, your abdomen will become flat and even slightly convex and you will experience true well-being.

THE POSITION:

Stand in a normal, erect position with your hands at your side (see Figure 28). Remove all belts and ties so the stretch you exert is a natural one. Breathe deeply three times before you begin.

THE MOVEMENT:

Exhale all breath. Slowly draw the abdominal wall IN, as if you were trying to make it touch your spine, (Figure 29). It is important you press BACK as hard as you can to assure a rush of rich, nourishing blood to this region. When you have exerted maximum pressure, hold it for a count of 5 before you release the muscles back to their normal position. DO THIS ONCE, EVERY DAY OF THE WEEK.



FIGURE 28.

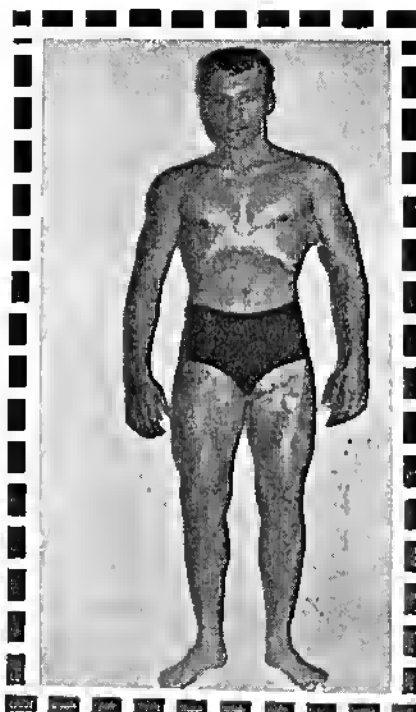


FIGURE 29.

Developing and Strengthening EXTERNAL OBLIQUES
(Outer Muscle Layer of Abdomen)

WHY YOU SHOULD EXERCISE THESE MUSCLES:

These are the muscles that are immediately below the skin at the abdomen. They are the largest of the 3 layers in this region and they are used the most of all. When these muscles contract, they bend the spine to the side and turn it as the shoulder and side of the body move forward.

THE DYNALIQUE STRETCH:

This exercise will improve your health and your muscle power in the abdominal region and throughout your body. It is this group of muscles that, properly developed, will give your abdominal region that lean, tough look.

THE POSITION:

Stand erect with your arms at your sides (see Figure 20). Keep your back straight and stiff. Breathe deeply before you begin.

MOVEMENT #1:

Bend your body to the right (Figure 31), until extreme Isometric Contraction makes the muscles in this region quiver. Hold for a slow count of 5. Return to a relaxed position.

MOVEMENT #2:

Bend your body to the left (Figure 32), again until extreme Isometric contraction makes your muscles quiver. Hold this position for a slow count of 5 before you relax completely and continue with the next exercise.

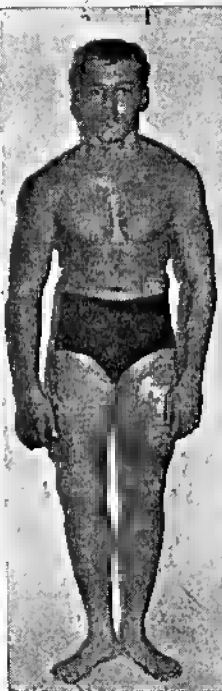


FIGURE #30.

FIGURE #31.

FIGURE #32.

Developing & Strengthening HIPS & BUTTOCKSWHY YOU SHOULD EXERCISE THESE MUSCLES:

The muscles in this area mean a great deal to your athletic performance, because they are used extensively in running and jumping. Champion runners are particularly well-developed in this region of the body. This region is used with much power in the beginning of a fast-moving stride.

THE DYNABUTT STRETCH:

This exercise will make this muscle stronger, to put more power and length in each stride you take. The exercise will also develop the Gluteus Maximus, a large, fleshy muscle located in the buttocks, to give this area a lean, hard look.

THE POSITION:

Rest your hands on an object slightly lower than your waist and stand back from it about 1 1/2 feet. Later you'll be able simply to stand with your hands at your side (Figure 33).

MOVEMENT # 1:

Raise upon your toes and tighten your buttocks together as hard as you possibly can. (See Figure 34). Wait until your muscles begin to quiver before you start your slow count of 5. Relax before you begin Movement #2.

MOVEMENT #2:

Bend forward with your knees bent and bring one leg back straight and up as HARD as you possibly can. Wait until the muscles begin to quiver before you start your slow count of 5 and relax. Now try it with your other leg.

Again, wait until your muscles begin to quiver, then start your slow count of 5. Relax.

Notice that there is no cadence counting to these exercise. Isometric Contractions require none.

DO THIS COMPLETE
EXERCISE ONCE DAILY,
7 DAYS A WEEK !

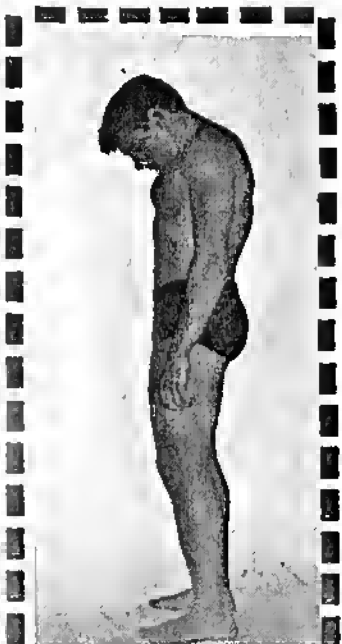


FIGURE 33.

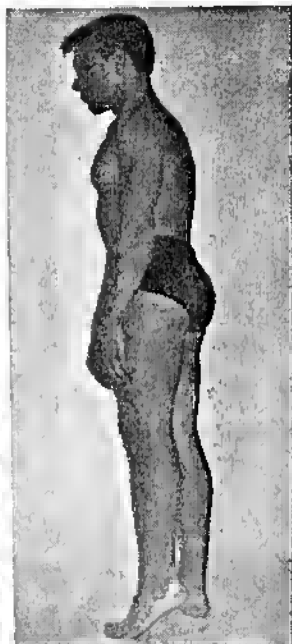


FIGURE 34.

Developing and Strengthening THIGHSWHY YOU SHOULD EXERCISE THESE MUSCLES:

Healthy, well-developed thighs are necessary in sports and in life. You are really as strong as your legs and you will remain young in strength even as you grow old in years IF you develop your thighs properly and keep them well developed.

THE DYNATHI STRETCH:

This exercise will develop and strengthen your muscle masses in your thighs to create one of the greatest sources of power you can attain. You will also be well-pleased with the massive, shapely appearance of your thighs that will enhance what you wear at the beach or indoors. Strength and good looks... the Dynathi stretch will give them both to you.

THE POSITION:

Lie flat on your back with your knees drawn up high to your chest as HIGH and as TENSED as possible (See Figure 35). Keep your back straight and stiff with your shoulder blades touching the floor at all times. Do NOT use a pillow at your head or any support anywhere else. This is important.

THE MOVEMENT:

Very slowly, press your legs straight forward as FAR and as HARD as possible, keeping your toes pointed STRAIGHT OUT at all times, (see Figure 36). Wait until you feel peak muscular contraction and your muscles begin to cramp. When this occurs, count slowly to 5, holding this contraction.

Relax before you continue with the next exercise. And remember, all these exercises must be done right and regularly if you wish to enjoy the results they promise you.

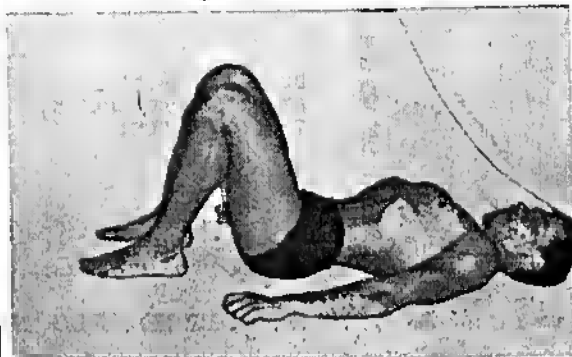


FIGURE 35.

DO THIS COMPLETE
EXERCISE ONCE DAILY,
7 DAYS A WEEK !

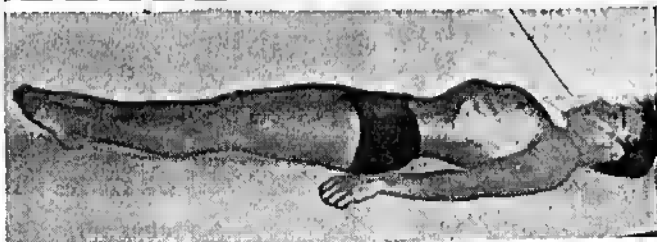


FIGURE 36.

Developing and Strengthening LEG BICEPSWHY YOU SHOULD EXERCISE THESE MUSCLES:

Well-developed leg biceps add proportion and symmetry to your body build. Heavy, smooth leg biceps give you more than good looks. Developing this part of your body adds greater force and power to any activity in which the legs play a great part. This part of the upper calf or leg-bicep deserves particular attention.

THE DYNALEG STRETCH:

This exercise will develop the three or four important muscles in the leg bicep to make it really pop out fast. In only about a week's time, you will see a definite improvement and you will feel that improvement as you get more lift and bounce in your stride.

THE POSITION:

Lie flat on your stomach and bend your legs back as far as you possibly can, as if you wish your heels to touch your buttocks. (See Figure 37). Keep your hands at your side and use no support beneath your head or any other part of your body.

THE MOVEMENT:

Slowly extend your legs back to the floor, keeping your toes pointed STRAIGHT OUT and your muscles TENSED as much as you can, (see Figure 38). When extreme Isometric Contraction occurs and your muscles start to quiver, you know the exercise is being effective and at this point start to count to 5 SLOWLY.

This SLOW COUNT is important for all Isometric exercises and assures that you are getting maximum value out of each stretch. Now you can relax.

DO THIS COMPLETE
EXERCISE ONCE DAILY,
7 DAYS A WEEK!

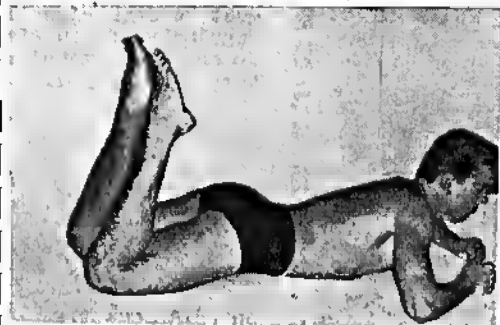


FIGURE 37.

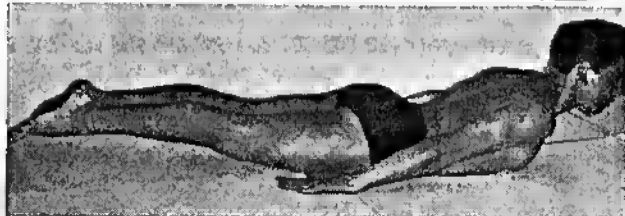


FIGURE 38.

Developing and Strengthening CALVES

WHY YOU SHOULD EXERCISE THESE MUSCLES:

The calves, together with the feet, are literally the foundation on which your body stands and as a foundation it should be the strongest you can make it. A strong, healthy set of calves will let you stand longer, walk further and run faster than you ever thought possible.

THE DYNACAV STRETCH:

This exercise will help to increase the size of the largest muscle of your calf. Through careful and conscientious application of this exercise, you will add much definition to the side of your calf.

THE POSITION:

Stand on your left leg and bend your knee slightly. Bring your right leg up as indicated in Figure 39. Clench your fists to get more "stretch" in your efforts. Bend over forward slightly.

MOVEMENT # 1:

Tighten the muscles as hard as you can in the calves while you point your toes BACK and UP as HARD as you can. Don't worry if the muscles cramp up....this is a sign that you are applying good pressure. When your muscles begin to quiver, hold the position for a slow count of 5 before you relax completely.

MOVEMENT #2:

Now stand on your right leg and bring your left leg up (Figure 40). Continue the same as Movement #1. DO THIS COMPLETE EXERCISE ONCE DAILY, 7 DAYS A WEEK!

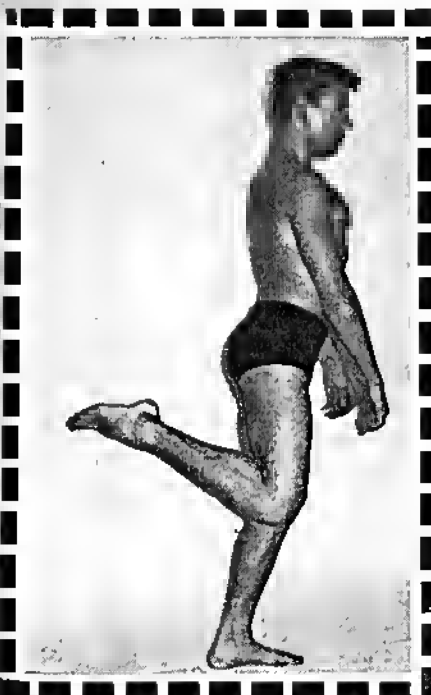


FIGURE 39.



FIGURE 40.

Developing and Strengthening ANKLES & FEETWHY YOU SHOULD EXERCISE THESE MUSCLES:

This is the last exercise in the book and it will put the finishing touch to your series of exercises. Well-developed ankles and feet will provide the platform on which your strong, healthy body will rest. Needless to say, healthy ankles and feet will carry you further and faster without tiring or other discomfort.

THE DYNAFOOT STRETCH:

This exercise will add new strength to your ankles and will keep your feet properly arched to assure complete standing and walking comfort. Pay as much attention to the proper performance of this exercise as you did the rest...even though this is not considered a "show" area.

THE POSITION:

Stand barefoot and flat on both feet. Then raise up on one foot to complete the exercise. (See Figure 41)

MOVEMENT #1:

While on one foot, rise up on your toes as HIGH as possible and when your toes start to cramp a little, hold for a slow count of 5. (See figure 42). "Walk off" the cramp.

MOVEMENT #2:

Do the same for the other foot.

DO THIS COMPLETE EXERCISE ONCE DAILY 7 DAYS A WEEK!



FIGURE 41.

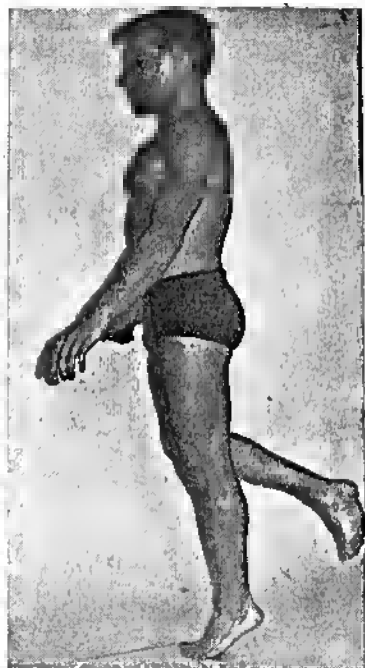


FIGURE 42.

The following demonstrations of strength are based on a few other principles besides muscular development. Therefore, you should be in good condition before you attempt them. It is wise to practice them in private so the effect of an audience does not throw you off.

Caution: Before you try any of these tricks, make SURE you have the strength and ability to handle them. Don't over-exert or strain yourself in doing any of them.

A. DRIVE A NAIL INTO WOOD WITH YOUR HAND

Use a 3½" nail and a 1" piece of pine wood. Place the wood between two chairs (see Figure 43), so the nail can come through without damaging anything. Wrap a large handkerchief around the head of the nail (not around your hand) to protect the palm of your hand.

Hold the nail, point down, and give a hard blow straight down on the wood (see Figure 44). You'll find the nail will penetrate easily and you will not suffer any shock from the blow. After you have succeeded with one piece of wood, try two pieces.



FIGURE 43.



FIGURE 44.

B. LIFTING A CAR

Pick the rear of the car where there is comparatively lesser weight. With your back to the car and your knees bent, grasp the rear bumper and slowly straighten up.

C. PULL A CAR WITH YOUR NECK

Put a leather strap around your neck and make sure it will not slip. Attach a rope to it and to the front of the car. Pull backwards, as you tense your neck, shoulder and back muscles and you will be surprised to see how easy it is to move.

D. HOW TO TEAR A TELEPHONE BOOK IN HALF

The trick here is to SLANT the pages so that you are actually tearing them A FEW AT A TIME. After you have torn all the pages, finish the book off by holding it up to your chest and tearing it completely apart. (see Figure 45.)

You can tear a deck of cards apart the same way - and mystify your friends!

E. HOW TO LIFT A MAN WITH ONE HAND

Stand behind the man and place your right hand in the middle of his lower back. The man should hold your wrist with both his hands while you grasp his left ankle with your left hand. As the man jumps up and back, you straighten your arm and your legs at the same time raising him into the air.

F. HOW TO BEND A 60 PENNY-WEIGHT NAIL

Wrap a handkerchief fully around a nail so it protects both ends of the nail and be sure the ends do not protrude to hurt your hands. Keep your hands close to your chest as you grasp both ends of the nail and use your shoulders to start bending it. Once you start bending, DON'T STOP but continue bending until both ends are bent way over. Then intertwine your fingers and squeeze the ends together until they touch. Work fast and don't stop once you start.



FIGURE 45.

.....

SOME TIPS ON GETTING THE MOST OUT OF YOUR EXERCISES!

=====

WHAT TO WEAR

Wherever practical, exercise barefoot and completely nude and in front of a large mirror. Assure complete freedom of movement by wearing an absolute minimum of clothing. Try not to wear more than a pair of trunks and remain barefoot. Wear sneakers if you must cover your feet.

Know the main muscles of your body by actually seeing them on yourself. You'll be able to keep better tabs on development if you are able to witness it closely and daily.

WHEN TO EXERCISE

Never exercise immediately after eating. Wait at least 2 or 3 hours. The ideal time is about an hour before bedtime. Another good time is before breakfast, although the body may be a little too relaxed for some exercises. The important thing is to stick to that ONE TIME EVERY DAY, and I mean 7 DAYS A WEEK! You can lose all you've gained in the previous 6 days by skipping one day of exercise. Make exercising a habit and it will be your most rewarding habit.

HOW MUCH TO EXERCISE

You will never get fatigued or worn out from the exercises outlined in this book. It is important you apply the absolute maximum tension into each "stretch" exercise. This maximum stretching or isometric contraction is what does the most for you. You MUST do the maximum or the exercise is worthless. NEVER neglect one exercise for another. Do them all if you wish a truly healthful, near-perfect body.

AFTER THE EXERCISES

Immediately after you finish your last exercise, take a quick shower

or bath. Start with the water warm and gradually make it **GOLDEP**. Rub your body down with a rough towel for the toning effect it will have on your circulation.

LIE DOWN AND RELAX

Complete relaxation after exercising is essential and as important as the exercises themselves. After toweling, lie down and cover yourself only with a sheet or light blanket to protect yourself against sudden drafts. Lie back and **RELAX COMPLETELY**, breathing deeply, and thinking nothing but pleasant thoughts. Concentrate on every part of your body, making an effort to put each part in the most comfortable and relaxed position. This will be a high point of your exercise period and you should come to enjoy every golden moment of it. Plan to spend at least 10 MINUTES luxuriating in this wonderful relaxation.

A WORD OF CAUTION

These exercises can be performed by any individual in normal health not troubled by any organic disease or major ailment. IF YOU SUFFER OR SUSPECT YOU SUFFER FROM SUCH A DISEASE OR AILMENT, SEE YOUR DOCTOR BEFORE YOU START THESE EXERCISES.

.....
AND DON'T FORGET YOUR DIET
=====

The foods you eat and the WAY you eat them will largely determine the amount of energy you will receive. The right foods replace worn-out and wasted tissue, they build and strengthen brain and nervous energy, they replenish body cells and they store up fat. Get all the protein foods you can, including a quart of milk a day. Proper health cannot exist unless your body enjoys each of the 6 classes of food listed here. Remember, they must be enjoyed regularly, under pleasant circumstances, attractively served and thoroughly chewed. Eat plenty of meats, fish and other protein foods.

#1. PROTEIN FOODS (Form muscles)

Meats, poultry, fish, milk, milk products, eggs, nuts, beans, peas



#2. CARBOHYDRATES (supply fuel)

Whole grain cereals, whole wheat bread, baked potatoes



#3. MINERALS & VITAMINS (supply life)

Fresh fruits & vegetables, herbs, berries, citrus fruits, melons, leafy vegetables, liver



#4. FAT FOODS (for body heat)

Cooking & salad oils, nuts, cream, butter, lard, fatty meats



#5. SUGARS (for endurance & stamina)

Maple sugar, dextrose, grape juice, natural & uncooked honey, dried fruits



#6. ROUGHAGE (aids body elimination)

Cereals, whole wheat, rye, whole grain breads, leafy & root vegetables, fruit pulp



Certain foods should be avoided because of their lack of nourishment. I am thinking particularly of white bread and all products made from refined white flour. In milling, this flour has been practically denuded of its value. Insist on whole wheat or rye bread.

Another group of foods to avoid are those that are **FATTY**. In meats, particularly, choose only those that are lean and well prepared. Fried foods, in particular those that are fried in deep fat, are to be

avoided because of the difficulty you will experience in digesting them.



Excess sweets should be avoided as much as possible. Commercial candies usually are made of a quantity of refined sugar, which is injurious to your health. Try confections made of maple, honey or brown sugar if you crave sweets occasionally. Better still, try a protein snack!

Go easy on: unpolished rice, spaghetti and macaroni (unless made of whole wheat flour), coffee, tea, intoxicating beverages and cigarettes. **REMEMBER: MILK & MEAT MEAN MASSIVE MUSCLES!**
Don't fill your stomach with useless foods!



If you are overweight or underweight, have your doctor suggest a well-balanced diet just right for you. He will will no doubt suggest those foods that are best for you to attain your ideal weight without robbing you of the energy you need for your everyday tasks. You might remind him that you are now taking these exercises so he can plan your diet with this as a consideration. He will probably recommend a high-protein diet plus vitamin-mineral supplements.

Avoid between-meal snacks. Go to the table really hungry so you can enjoy everything you eat. Never exercise for at least 2 or 3 hours after you have eaten. Never eat when you are emotionally upset and never permit emotional subjects to disturb you while you are eating.



Sprinkle each dish with a little common sense way to better health and happiness. And
DRINK A QUART OF MILK DAILY!



and eat your
don't forget:

Continued from page 3

8. EXTRA-CURRICULAR ACTIVITIES: Enjoy all your normal activities like dancing, swimming, sports, walking, etc, in addition to the exercises in this book.

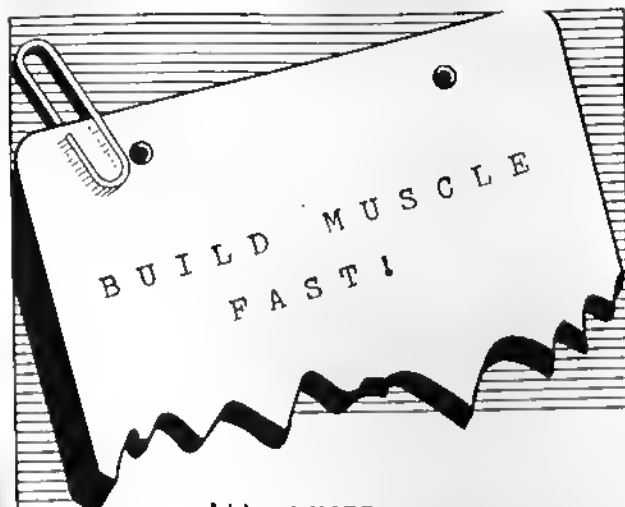
9. AVOID WORRY: Stay in a happy frame of mind and you will be surprised at how much it does for you physically. Don't raise fears about illness and disease and waste your time pampering yourself with needless fad diets. Remember, you can scare yourself into being ill!

10. SEE YOUR DOCTOR: check-up to assure serious illness. supplement and

Visit your doctor regularly. Get a complete your complete health and to avoid any Have him suggest a good vitamin-mineral
TAKE IT REGULARLY.

KEEP A MONTHLY RECORD OF YOUR MEASUREMENTS HERE

MONTH	NECK	CHEST	BICEP	WAIST	HIPS
<i>1</i>					
<i>2</i>					
<i>3</i>					
<i>4</i>					
<i>5</i>					
<i>6</i>					
<i>7</i>					
<i>8</i>					
<i>9</i>					
<i>10</i>					
<i>11</i>					
<i>12</i>					



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